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Trying to stop suicide in the North

Canada leading effort across circumpolar world **PAGE 6**

Kids take over the kitchen

The second season of Masterchef Junior amps up the talent, says host Graham Elliot **PAGE 14**

ALL HAIL HAL-CON: 'WE HAVE GEEKS'

NOV. 7-9 CONVENTION EXPECTED TO DRAW 7,000 TO HALIFAX **PAGE 4**



HERD BLANK ISLANDERS

Halifax Mooseheads forward Nikolaj Ehlers fights off a check from Charlottetown Islanders centre Keith Getson during QMJHL action in P.E.I. on Sunday afternoon. Ehlers finished with a goal and two assists as Halifax won 3-0, capping off a perfect weekend for the Herd. Story, page 21. CHARLOTTETOWN GUARDIAN

'The finish point is when we find Jim'

Search continues. Man from Head of Jeddore last seen at Dartmouth Crossing Home Depot on Oct. 26



RUTH DAVENPORT
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The family of a Head of Jeddore man who's been missing for a week now is asking HRM residents to keep their eyes peeled for the 71-year-old and, in particular, his car.

James Cuthbert hasn't been seen since Oct. 26 when he was spotted in the parking lot of the Dartmouth Crossing Home Depot in his white 2012 Toyota Prius, licence plate DTV905.

"There's not a whole lot of those in the province," said Cuthbert's son-in-law Tom Martin Sunday evening. "All the family can ask is that people please keep their eyes open for that car."

Cuthbert's friends and relatives handed out flyers at Dart-



James Cuthbert CONTRIBUTED

mouth Crossing around noon Sunday before searching the woods along the Old Guysborough Road Sunday afternoon.

"I'm looking for Jim, I'm looking for Jim's car, anything of Jim's," said Martin, adding the searchers covered 17 kilometres of the road. "You can only see so much from driving by in a car, so you have to get right down in the ditches or right over the edge."

Halifax Regional Police released a surveillance video late last week of Cuthbert at the Canadian Tire in Dartmouth Crossing on Oct. 26 around 12:30 p.m.

They had confirmed a sighting of him in his vehicle at the nearby Home Depot shortly

after that.

Martin said family and friends have been expanding a search outwards from there ever since.

Police say there's no sign Cuthbert has met with foul play, but say it's "highly unusual" for him to not be in contact with friends or family.

Martin said Cuthbert was in good health with no conditions that might account for his absence. He said trying to figure out what might have happened is beyond frustrating.

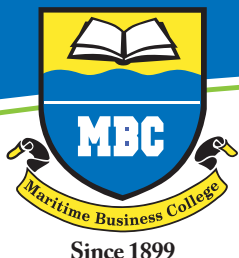
"You have no idea," he said, adding the family won't give up.

"We'll just keep expanding the search, as much as we can. You don't look at a finish point. The finish point is when we find Jim."

Call police

Halifax Regional Police are asking anyone who may have information on James Cuthbert's whereabouts to call 902-490-5016.

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Victoria Road

Man seriously hurt after being struck by car

Police are investigating the city's latest incident involving a pedestrian being hit by a car.

Just after 1 a.m. Sunday, a 54-year-old man was crossing Victoria Road at the intersection of Albro Lake Road when he was hit by a car driven by a 20-year-old woman.

The man suffered serious, but non-life threatening injuries, according to a police release. The driver of the car wasn't hurt.

The incident remains under investigation and there's no word on possible charges.

METRO

Dartmouth

Man with knife steals cash, smokes from gas station: Cops

Police are looking for a man who robbed a Dartmouth gas station with a knife on Saturday night.

Just before 10 p.m., police say the armed man walked into the Petro Canada at 610 Portland St. and demanded cigarettes and cash from the clerk working behind the counter.

The suspect, who was armed with a knife, fled the store with an unknown amount of money and smokes. The clerk wasn't injured.

The man is described as white, between five-foot-six and five-foot-10, wearing a black checkered Helly Hansen jacket.

METRO

Herring Cove Road

Police deem vehicle fire suspicious

Police believe a car found on fire in a parking lot on the Herring Cove Road was deliberately set.

Around 4:45 a.m. Sunday, police and firefighters were called to the scene located in the 900 block of Herring Cove Road.

Firefighters put out the fire, and determined it to be suspicious.

No one was injured and police are now handing the case.

METRO



A hiker heads back to the start of the Birch Cove trailhead near the Bayers Lake Business Park last week. JEFF HARPER/METRO

'Every step should be an experience'

Meeting. Public weighs in on Blue Mountain trail project

HALEY RYAN
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Truman Layton has found a favourite spot in the protected wilderness between Kearney Lake and Timberlea, and is hoping new trails through the area will allow Haligonians to do the same.

Nearly 200 people poured over maps of the Blue Mountain-Birch Cove Lakes Wilderness Area during a public meeting Sunday at St. Peter's Anglican Church to give ideas to planner Garnet McLaughlin and the team behind the project including the Halifax North West Trails Association

Easy to lose yourself

- In June, a 50-year-old woman got lost on the trails around Maskwa Aquatic Club and called her son to help, but he also became lost. Police say search and rescue crews found them after midnight, quite a distance apart.

(HNWTA), Maskwa Aquatic Club, and Canadian Parks and Wilderness Society.

"The trails that are there are probably not safe for a lot of people," Layton, 82, said about the existing patchwork of trails around the Aquatic Club and throughout the 1,700 hectares of woods and lakes.

Layton moved to the area in 1974 and said he's camped dozens of times on Ash Lake where



Residents take part in Sunday's open house. HALEY RYAN/METRO

he loved seeing the stars.

"Everybody needs a favourite spot in the world to call their own," he said.

McLaughlin said he'll be walking all parts of the unofficial trails and evaluating what "natural assets" like waterfalls or swamps need to be preserved before bringing a detailed plan to the community in January.

"Every step should be an experience. It's not just a matter

from point A to point B," McLaughlin told the crowd.

Some residents suggested connecting to the nearby BLT Rails to Trails, while others asked to keep mountain bikers in mind because they created many of the existing paths.

Bob McDonald of the HNWTA said bikers aren't part of the plan because there has never been "traditional use" of bikes in the area behind Masawaka where the majority of the trails will be created.

Layton said he hopes better trails will draw more people to the area so there's more support and love of the wilderness and "we won't lose it" to development encroaching on the territory.

Wendy McDonald, also of the HNWTA, said finding funds to build the trails is "the next big block," and there is a feedback survey on bmbcltrails.com.

Local business association names new executive director

The Spring Garden Area Business Association has a new executive director.

Halifax native Juanita Spencer has been named to the association's top position and will take office Nov. 5, according to a release.

The release states that

Spencer was most recently employed as the manager of research and operations for the Atlantic Institute for Market Studies and worked with the Canadian Federation of Independent Business before that.

The release states that

In numbers

200

There are more than 200 retail shops on Spring Garden Road.

with new developments on

Spring Garden Road — such as the new library — attracting national and international attention, the association needed a director who would be "our voice with government," and who could help members capitalize on business opportunities. METRO

Dartmouth veterans parade takes on extra-sombre tone

Lest we forget. Many come out for the event to honour servicemen and spare a moment of silence for those killed in recent violence

BRAEDON CLARK

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With Remembrance Day just around the corner, the people of Dartmouth paused on Saturday to honour Canada's veterans with a parade.

The sound of bagpipes and drums filled the air as the event — called the Parade in Tribute to Veterans and Those

Who Served — moved along Tacoma Drive after starting at Stevens Road United Baptist Church. People stood along the sidewalk, many holding Canadian flags or taking pictures.

Organized by the Main Street Business Improvement District, the parade and ceremony featured a church choir singing Flanders Fields, drummers and representatives of the Armed Forces.

The parade ended at a large tent in the Sobeys parking lot, where Bart Snell, a 25-year veteran of the Canadian Forces, stood waiting.

"It's my way of honouring those who served and recognizing my own time in the Forces," Snell said.

In numbers

5

Saturday's parade, called the Parade in Tribute to Veterans and Those Who Served, has been held for five straight years

Halifax Mayor Mike Savage was on hand to deliver remarks that traced Canada's military history through the decades.

"Whether it was in the bloody trenches of World War I, or the beaches of northern France in World War II, or the searing heat of Afghanistan, our veterans have always stood up for our country," Savage said.

He added that now was an especially important time to honour veterans in light of the shooting death of Cpl. Nathan Cirillo in Ottawa less than two weeks ago and the death of another soldier, Patrice Vincent, in Quebec the week before.



A young boy watches the parade honouring veterans pass by in Dartmouth on Saturday. BRAEDON CLARK/FOR METRO

There was a moment of silence to honour Cirillo prior to the beginning of the ceremony.

Savage also said that he was heartened by the story of volunteers in Cold Lake, Alta., who cleaned

up a mosque that had been covered in graffiti just two days after the shootings in Ottawa.

Quoted

"Canada is a special country. Terrible events often bring us together and remind us of how lucky we are to live in a place like this." Mayor Mike Savage

Chronicle Herald lays off 20 newsroom staff



The Chronicle Herald sign outside its offices in Halifax. METRO FILE

The Halifax Chronicle Herald issued layoff notices to 20 unionized newspaper employees Friday in a bid to cut costs and stem advertising losses.

Herald CEO Mark Lever said the move was made because of declining advertising and sluggish revenues.

"Newspapers across the country are being affected

by a significant decline in national advertising," he said in a statement.

"These steps are necessary to ensure that Canada's last independently owned daily newspaper continues to serve Nova Scotians."

The company said the number of layoffs could be reduced if the union agrees to concessions on pension

More cuts

This is not the first time the paper has gone through significant job losses: 25 jobs were also cut in 2009.

cost sharing, mileage and a planned wage increase.

Lever said the newspaper

expanded its digital and print products, but they have not generated enough revenue to offset continuing ad losses.

He said employees affected by the layoffs will receive severance packages as stipulated under the union contract.

Union president Ingrid Bulmer told the Herald in an online story Friday that the

company has told the union it is trying to save \$1.4 million in the newsroom.

Bulmer said she remains optimistic that savings can be found during a 45-day negotiation period with the company, but fewer people in the newsroom would affect the paper.

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Warning. University students targeted in job-hunting scam: Police

Job-hunting university students are the target of a new scam, according to a warning from the Halifax Regional Police.

Since late September, police have received several complaints from students who had accessed a job portal through their university.

These students were told they had been hired for a job, then given a cheque by the employer which they were asked to deposit into their own personal bank accounts.

The students were then asked to use that money for shopping, errands and other company business. At that point, the students were asked to send most of the money back to the employer.

A few weeks later, the students' banks discovered these were counterfeit cheques. The onus then fell on the students to pay the money back: up to \$8,000 in some cases.

Police are asking students to verify the legitimacy of any business and never to use their own bank accounts to conduct business for an employer.

METRO

Hal-Con expected to receive 7,000 visitors

Next weekend. Fans treated to an early taste with downtown parade on Saturday

BRAEDON CLARK
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Hal-Con is still a few days away from starting, but if you were in downtown Halifax on Saturday you'd have thought it was going on already.

Around 60 people, many dressed up in a wide variety of costumes, paraded around the downtown core to raise awareness for the upcoming Hal-Con convention, scheduled for Nov. 7 to 9.

"We want to show off our costumes and let the rest of the city know we're here," said Leanne Milo, a member of Hal-Con's board of directors.

After the parade, most of the attendees headed to

Grand Parade for some coffee and a little bit of dancing.

In one corner, a storm trooper from Star Wars; in another, Master Chief, the hero of the popular Halo video game series.

Hal-Con started in 2010. The event has grown rapidly since then.

"The first year we were at the Lord Nelson and expected about 800 people," Milo said. "This year we are taking up almost every floor of the convention centre and we should have 7,000 people. We get them from across Canada and we even have some volunteers up from the U.S., too."

One of the volunteers at Grand Parade was Joost Ueffing, who said there's nothing else like Hal-Con east of Quebec.

"To get anything close to this, you'd have to go to Montreal or Toronto," he said. "This is the biggest one in the area by far."

According to Milo, one of the most attractive things



Two Hal-Con attendees pose for a photo after their parade on Saturday. BRAEDON CLARK/FOR METRO

about Hal-Con is that it caters to every genre of pop culture.

"We have people dressed up in heavy armour, we have geeks, we have a whole floor devoted to video games. It's a little bit of everything," she said.

Light sabre battle, anyone?

Hal-Con starts Nov. 7 at the World Trade and Convention Centre, featuring guest appearances by many well-known actors.

For those who really want to get into character, there will be a light-sabre battle — yes, a light-sabre battle — on Friday night.

Scott's Bay

Chicken barn goes up in flames

A chicken barn in Scott's Bay went up in flames late Saturday night and seven fire departments were called in to battle the blaze.

The barn was empty at the time of the fire. A new shipment of birds was expected later this week.

Departments from Canning, Hall's Harbour, Port Williams, Greenwich, Kentville, Wolfville, and Waterville contributed to the fight.

The owners of the Haze Restaurant opened their facility to offer firefighters some respite.

No one was injured.
KING'S COUNTY REGISTER

Health boards trim

Health-board attrition means fewer execs

The number of executives to operate Nova Scotia's health system will be trimmed significantly once the government reduces the number of health boards in the province from 10 to two effective on April 1.

Janet Knox, CEO-designate of the province's new main health authority, says she will operate with eight vice-presidents instead of the current 32.

The provincial government has said it will save \$5 million as a result of the reduction in executives.

THE CANADIAN PRESS

University rankings

Correction

In Friday's edition, Metro incorrectly stated that Saint Mary's University jumped from eighth place in 2014 to fifth place in the annual Maclean's magazine university rankings for 2015.

Instead, Saint Mary's University actually remained in fifth place in the Maclean's ranking's primarily undergraduate category, the same position it held last year.

Metro apologizes and regrets the error.

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Masked. 'Batman' tries to rob armoured vehicle

A man wearing a Batman mask tried to rob an armoured vehicle making a delivery at a Royal Bank in Lower Sackville last week.

The guards were in the middle of their delivery on Thursday night when they were approached by a man with a gun, who then fled into a nearby vehicle when the guards noticed him.

The suspect is described as being a white man in his 20s,

Did you know?

Police say no one was hurt in the attempted robbery.

wearing a Batman mask, blue hooded sweatshirt, jeans and running shoes. The escape vehicle is described as a dark-coloured minivan.

An investigation is ongoing. **METRO**

Cape Breton. Province to protect rail line: Minister

The U.S.-based owner of a money-losing Cape Breton rail line would have to apply to the provincial government before it can abandon the tracks under legislative changes.

Transportation Minister Geoff MacLellan says the change to the Railways Act would protect against Genesee and Wyoming ripping up portions of the rail line if the Utility and Review Board allows it to discontinue freight

service.

MacLellan says once a date for abandoning the line is determined by the regulator, the change would require the company to wait six months from that date to apply to the province to abandon the line.

He says that would ensure groups exploring other options in Cape Breton have time to potentially find another operator.

THE CANADIAN PRESS

Your new ride?

Department puts fire truck up for sale on Kijiji

The Kentville Volunteer Fire Department is turning to the online market site Kijiji to sell a tanker truck that no longer fits into their department's plans.

"We're selling our tanker 51," Kentville fire Chief Ryan MacEachern said. "It's a 1979 Mack, an old piece of equipment."

A replacement has already been ordered for the aging truck and it is expected to arrive in December.

The department chose Kijiji, he said, "to get it out there. It's an old piece of apparatus that's just as likely to be bought by a business, for another use altogether, than by another fire department."

This is the first time they've tried using the online classified service to sell a fire truck, although they often sell other surplus equipment online, MacEachern said.

KING'S COUNTY REGISTER



Cruise the police horse takes a curious look around during his retirement ceremony in Halifax on Friday. **BRAEDON CLARK/FOR METRO**

Cruisin' into the sunset

Police horse calls it a day. Cops celebrate retirement of their four-legged colleague

BRAEDON CLARK

halifax@metronews.ca

Officers who handled Patrol Cruiser (affectionately known as "Cruise") got to know the popular horse's tastes pretty well during the six years he served with the police force.

Foremost among those things was his love of pink peppermints and green apples, one of which he

would usually pick up at the Lord Nelson as he made his rounds.

"He couldn't get enough of those," Halifax Regional Police Chief Jean-Michel Blais said with a laugh at Cruise's retirement ceremony on Friday afternoon.

Now 10 years old, Cruise will be retiring to Stewiacke, where he will help teach others how to ride horses. No more chasing bad guys or pounding the pavement for the 1,500-pound chestnut horse.

"All that time on his feet has made its toll, so we decided now was a good time for Cruise to retire," Blais said at the ceremony, held at the Bengal Lancers Equestrian Club in Hali-

Did you know?

Cruise took part in the North American Police Equestrian Competition in Pennsylvania after just two years on the force.

said as Cruise stood nearby, sometimes laying his ears back as noisy cars zoomed past.

"It's a credit to his police handlers and his training that he has such a calm disposition."

At the time of his retirement, Cruise was one of only two police horses in Halifax. Blais said the force is looking for a replacement and hopes to have the vacancy filled soon.

"We will be back to full strength soon," he said.

In the meantime, Cruise will enjoy his retirement in Stewiacke, with soft green grass under his hooves and, if he's lucky, an endless supply of pink peppermints and green apples.

fax, where Cruise was often quartered.

Cruise and officers with the Mounted Unit were presented with a plaque showing Cruise in action, which Blais said would hang "prominently" at police headquarters downtown.

"Cruise has always been a laid-back and kind soul," Blais

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Blizzard the bear cub enjoys a fish feast

The newest polar bears at Assiniboine Park Zoo, Star and Blizzard, have made their public debut at the International Polar Bear Conservation Centre. Their names were selected by the public in a vote on Facebook. Name options had been suggested by children at three northern Manitoba schools. The 11-month old cubs were found by conservation officials near Gillam in September. They were likely orphaned after their mother fought to the death with a male bear who was trying to eat them, according to Dr. Brian Joseph, director of zoological operations. But despite those traumatic circumstances, the pair have adapted well to their new life at the zoo. COLIN FAST/FOR METRO IN WINNIPEG

Decades-old bombing. Ottawa man wanted by France seeks appeal

An Ottawa man facing extradition to France in a terrorism case says the Supreme Court of Canada should hear his appeal due to crucial questions about the use of untested intelligence in a criminal prosecution.

In arguments filed with the Supreme Court, lawyers for sociology professor Hassan Diab say France's reliance on secret information raises fundamental issues of constitutionality and proced-

ural fairness.

The Canadian government says Diab's request for a high-court hearing "raises no issue of public importance" and should be dismissed.

French authorities suspect Diab, 60, was involved in the anti-Semitic bombing of a Paris synagogue in 1980 that killed four people and injured dozens of others — an allegation Diab denies.

THE CANADIAN PRESS

U of C. Students fear 'premium' dorms will create class system

University of Calgary students' feathers are ruffled after learning that administrators plan to charge a "premium" rate for soon-to-open dorms offering an apparent bird's-eye view.

Students in top-level dorms will dole out an extra \$100 per month.

But Austin Baecker, president of the campus residence students' association, said he believes the tiered approach to student housing will create a "social stratifica-

tion" scenario.

"It's not necessary ... you'll have the upper class on the top floors, the middle and lower class on the rest of the floors," he said.

But Voula Cocolakis, executive director of ancillary services, noted the U of C already charges varying rates for students wanting to live alone, compared to those willing to share a space with one to three peers.

JEREMY NOLAIS/METRO IN CALGARY

Canada leads effort in Inuit suicide prevention

Across the circumpolar world.

Common thread is age and rapid cultural displacement

Canada is leading an international effort to pull together the most effective ways to prevent suicide among aboriginal youth in the Arctic, an ongoing tragedy across the circumpolar world.

This month, officials from the eight countries that ring the North Pole gave final approval for researchers to visit northern aboriginal communities to study how they're dealing with the problem.

Nunavut's chief coroner called a special inquiry in January after 45 people killed themselves in 2013 — a significant increase from the previous high of 34.

That record number put the territory's suicide rate at 13 1/2 times the national average. But it's bad elsewhere, too.

Suicide rates among Alaskan aboriginals are about three times the United States average. In Greenland, 2010 government data reported about one suicide a week in a population of about 56,000.

Statistics in Norway, Sweden and Finland for the aboriginal Saami population are difficult to tease out. But available data suggests suicide and mental health are issues in

their communities as well.

"I think that's clearly why the Saami health leadership as well as the government of Norway is supportive of this project," said Malcolm King, science director for the Canadian Institutes of Health Research, which is co-ordinating the project.

Teams are already at work in the participating countries of Canada, the U.S., Norway, Sweden and Denmark, King said. He's hoping Russia, which is also said to suffer high Arctic aboriginal suicide rates, will join.

Suicide across the circumpolar world seems to have some common features, said King. It affects predominantly young people up to their mid-20s, and seems to involve rapid cultural displacement that Arctic people faced as southern governments exerted their authority over their northern regions.

"A common thread that's emerged in a lot of this so far is what we might call cultural continuity," he said.

"It issues around formation of identity, and disconnections with the community. That may not sit as a cause in mainstream thinking, but it certainly has been talked about a lot as a common thread among indigenous peoples."

King said common themes are also beginning to emerge about the most effective prevention programs.

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Fallujah, Iraq. Canadian warplanes launch first airstrike against ISIS

Canadian warplanes involved in the American-led bombing campaign against Islamic State of Iraq and al-Sham (ISIS) militants in Fallujah had their baptism of fire on Sunday, launching the first air strike since deploying to the region.

Two CF-18 fighter jets attacked targets near Fallujah, roughly 70 kilometres west of Baghdad, a statement from Defence Minister Rob Nicholson's office said.

"Coordinated with our coalition partners, two CF-18s attacked (ISIS) targets with GBU12 500 lb laser guided bombs," the statement said. "The approximately four hour mission included air-to-air refueling from Canada's Polaris aircraft."

The three aircraft all safely returned to their base in Kuwait, the statement added.

Few other details of the

Meanwhile ...

Brig.-Gen. Hussam Alawak, a senior member of the opposition to the Syrian government's regime, says Canada's time, effort and money would be better spent training ground forces to retake territory from ISIS in both Iraq and Syria, rather than on a bombing campaign.

strike were released, but the statement said assessment of the damage was being done.

Canada has deployed six CF-18s along with the C-150 Polaris and two CP-140 Aurora surveillance aircraft as its contribution to the American-led bombing campaign against ISIS, which has occupied parts of Iraq and Syria.

THE CANADIAN PRESS

Spookland. Police probing allegations of sexual assault at Halloween party

A 16-year-old girl was found naked, unconscious and drugged with GHB after a Halloween party at a Quebec resort Friday night.

Police in west Quebec are now investigating three separate instances of alleged sexual assault at the Spookland Halloween party at Mont Cascades Resort in Cantley, Que. — a party that clearly got out of control after nine revellers were transported to hospital for drug and/or alcohol poisoning.

When police arrived, it was near chaos, said MRC des Collines Police Spokesperson Martin Fournel. Police were tending to several young partiers who were unconscious from either drinking too much or taking unknown pills, Fournel

said. "When our officers got onsite, they found one (unconscious youth) in the school bus, some in the parking lot," said Fournel.

"There was way more people that we couldn't help — being sick and puking and being dangerous, but they had to deal with the most important cases."

One such case was the 16-year-old discovered on the grounds of the ski hill "barely dressed" and unconscious. Toxicology tests revealed the girl had GHB, or the date-rape drug, in her system, said Fournel.

Two other girls aged 16 and 17 also reported being touched inappropriately while they waited in line for the event.

TREVOR GREENWAY/METRO IN OTTAWA

Transport Minister

Lisa Raitt to undergo surgery

Transport Minister Lisa Raitt is scheduled to undergo surgery on Tuesday to remove a "solid growth" on her ovaries.

She says diagnostic imaging and blood tests suggest the growth is not cancerous but she won't know for sure until it is removed and analysed.

How much time the



Lisa Raitt THE CANADIAN PRESS

46-year-old will have to take off from her cabinet duties will depend on how invasive the surgery proves to be and whether the lump is cancerous. THE CANADIAN PRESS



French president's first official trip to western Canada

French President François Hollande, left, and Prime Minister Stephen Harper walk around on Sunday in Banff, Alta. Hollande is the first French president to make an official visit to western Canada. Harper met Hollande in Calgary this morning and the two made the 90 minute trip to Banff by car. They were expected to discuss greater co-operation on international security and threats, trade and economic development, innovation, and broader people-to-people ties. Hollande will also address Parliament and is also scheduled to visit Montreal and Quebec City. While in Banff both men will attend a state dinner hosted by Gov. Gen. David Johnston. PHOTO: JEFF MCINTOSH/THE CANADIAN PRESS; STORY: THE CANADIAN PRESS

U.S. newspaper criticized for Jian Ghomeshi profile

Pittsburgh Post-Gazette. Paper printed profile on Ghomeshi as part of promotional supplement without mentioning abuse allegations

A Pittsburgh newspaper was left scrambling to explain on Sunday why a profile of former CBC radio host Jian Ghomeshi was reprinted in an advertising supplement without mentioning the abuse allegations that led to his termination.

A profile of Ghomeshi was on the front page of the Pittsburgh Post-Gazette promotional supplement that was sent to non-subscribers of the paper on Sunday.

The 850-word write up, featuring an August interview with Ghomeshi on his thoughts on life as an immigrant, first ran in the paper and online on Oct. 19. The paper posted an explanation on its website Sunday explaining the advertising supplement was printed on Oct. 23, three days before Ghomeshi's firing and the start of a number



Radio host Jian Ghomeshi is shown in this handout photo. CBC/THE CANADIAN PRESS

of media reports containing allegations from women who say they were physically or sexually assaulted.

The "promotional advertising vehicle" contains "evergreens," stories the paper considers its best work, executive editor David Shribman said in an interview Sunday.

Due to a schedule that sees the promotion printed 11 days in advance there was no way they could have pulled it back in time, Shribman said in a

phone interview.

"It's not a question of stupidity, it's a question of deadlines," he said.

Shribman couldn't provide an exact number of copies that were distributed but said they would have numbered in the "tens of thousands" of people. He said a note of explanation on the Ghomeshi piece would be in a future edition.

"The next time we print this thing ... we will also clarify what's going on with this guy."

In 2010, Ghomeshi's show, Q, achieved syndication in the U.S. care of Public Radio International. The show airs on more than 180 stations — including in Pittsburgh.

As many as nine women have alleged in media reports that Ghomeshi abused them physically and sexually. Toronto police have launched an investigation after three women came forward with accusations.

Neither he nor his lawyer have commented on the police investigation, but Ghomeshi said Thursday he would meet the allegations "directly," and said he won't discuss "this matter" further with the media.

Ghomeshi wrote last weekend in a Facebook post that he has had "rough sex" with women, but insisted it was always consensual.

Ghomeshi has launched a \$55-million lawsuit against the CBC for breach of confidence. He also filed a grievance alleging defamation, a source said. A CBC memo issued last week said Ghomeshi was fired after senior executives saw "graphic evidence that Jian had caused physical injury to a woman." THE CANADIAN PRESS

Climate change is almost entirely humankind's fault: UN panel report

'Leaders must act.'

States have the means to reduce emissions, may need to decrease outputs to zero this century to stabilize global temperatures

Climate change is happening, it's almost entirely the fault of humans, and limiting its impacts may require reducing greenhouse gas emissions to zero this century, the UN's panel on climate science said Sunday.

The fourth and final volume of the Intergovernmental Panel on Climate Change's giant climate assessment didn't offer any surprises, nor was it expected to, since it combined the findings of three earlier reports released in the past 13 months.

Sleep-deprived delegates approved the final documents

Saturday afternoon after a weeklong line-by-line review in Copenhagen that underscored that the IPCC process is not just about science. The reports must be approved both by scientists and governments, which means political issues from UN climate negotiations, which are nearing a 2015 deadline for a global agreement, inevitably affect the outcome.

The documents underlined the scope of the climate challenge in stark terms. Emissions, mainly from the burning of fossil fuels, may need to drop to zero by the end of this century for the world to have a decent chance of keeping the temperature rise below a level that many consider dangerous. Failure to do so, which could require deployment of technologies that suck greenhouse gases out of the atmosphere, could lock the world on a trajectory with irreversible impacts on people and the environment,



An iceberg melts in Kulusuk, Greenland, near the Arctic Circle in this August 2005 file photo. The UN's panel on climate science says climate change is happening, and it's almost entirely the fault of humankind.

JOHN MCCONNICO/THE ASSOCIATED PRESS/THE CANADIAN PRESS

the report said. Some impacts are already being observed, including rising sea levels, a warmer and more acidic

ocean, melting glaciers and Arctic sea ice and more frequent and intense heat waves.

"Science has spoken. There

is no ambiguity in their message. Leaders must act. Time is not on our side," UN Secretary-General Ban Ki-moon

said at the report's launch in Copenhagen.

Amid its grim projections, the report also offered hope. The tools needed to set the world on a low-emissions path exist; it just has to break its addiction to the oil, coal and gas that power the global energy system while polluting the atmosphere with heat-trapping CO₂, the chief greenhouse gas.

"We have the means to limit climate change," IPCC chairman Rajendra Pachauri said. "All we need is the will to change, which we trust will be motivated by knowledge and an understanding of the science of climate change."

The report is meant as a scientific roadmap for the UN climate negotiations, which continue next month in Lima, Peru. That's the last major conference before a summit in Paris next year, where a global agreement on climate action is supposed to be adopted.

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A message from the CAMRT and NSAMRT

Found guilty. Woman sentenced to a year for volleyball game protest

An Iranian-British woman detained while trying to attend a men's volleyball game in Iran has been found guilty of spreading propaganda against the ruling system and sentenced to a year in prison, her lawyer said Sunday.

Britain immediately raised concerns about Ghoncheh Ghavami's trial. The case highlighted the limits to free expression inside Iran and efforts by authorities to enforce strict interpretations of Islamic norms despite a policy of greater openness pursued by President Hassan Rouhani.

The 25-year-old woman's brother, Iman Ghavami, said the family had been hoping she would be set free based on time already served since her June arrest. They are still trying to get official details of the verdict, he said.

"We're disappointed and kind of shocked. We really hoped she'd be released," he told The Associated Press.

His sister's lawyer, Mahmoud Alizadeh Tabatabaei, said in an interview that a court found her guilty of "propagating against the ruling system." Tabatabaei said he was shown the text of the



Ghoncheh Ghavami FREE GHONCHEH
CAMPAIGN/THE ASSOCIATED PRESS

verdict but is still waiting to receive it officially.

"I was told at the court today that my client's case has been referred back to the prosecutor because Ghavami is facing new charges. So, the verdict was not given to me," he said.

Ghavami was detained in June at Tehran's Freedom Stadium after trying to attend a men's volleyball match.

Ghavami was held along with the other protesters for a few hours before being released. She was detained again a few days later and stood trial last month. Her brother said she had no access to her lawyer until it came time for her court hearing. THE ASSOCIATED PRESS

Religion

Israel passes bill to ease conversions

Israel's Cabinet has passed a charged bill aimed at easing conversion to Judaism in Israel.

Sunday's vote comes after much political wrangling and pressure from ultra-Orthodox parties on the prime minister to shelve the bill for fear of losing their monopoly over matters of church and state in Israel. Under the new reform, municipal rabbis will be allowed to hold special conversion courts, thus expanding those entitled to perform conversions.

THE ASSOCIATED PRESS

Pakistan

Suicide bomber kills at least 54

A suicide bomber detonated explosives near a Pakistani paramilitary checkpoint near the country's eastern border with India on Sunday, killing at least 54 people in the deadliest attack to hit the country in several months, police and government officers said.

THE ASSOCIATED PRESS

Madrid. Parade of sheep halts traffic as shepherds invoke medieval right

Shepherds guided a flock of 2,000 sheep through Madrid's streets on Sunday in defence of ancient grazing, droving and migration rights that increasingly have been threatened by urban sprawl and modern agricultural practices.

Tourists and city-dwellers were surprised to see the capital's traffic stopped in order to permit the bleating, bell-clanking parade to pass the city's most emblematic locations.

Shepherds halted at the old town hall so the chief herdsman could hand authorities 25 maravedies — copper coins first minted in the 11th century — as payment for the crossing. They then continued past Puerta del Sol — Madrid's equivalent of New York's Times Square — and past the Bank of Spain headquarters on their way to Retiro Park.

Children shrieked with joy as the sheep went from a trot to a gallop past a hamburger restaurant and luxury jewelry store in the city's toniest



Shepherds lead their sheep Sunday, through the centre of Madrid.
THE ASSOCIATED PRESS

downtown quarter.

Since medieval times, shepherds have had the right to use droving paths crisscrossing a landscape that was once a checkerboard of woodland and grazing space.

Some herding routes have been used annually for over 800 years and Madrid sprawls across one dating back to 1372. Madrid became an important urban centre when King Philip II chose it as the capital of his vast empire in 1561.

THE ASSOCIATED PRESS



Charity at heart of Festival of Lights project

A man arranges tea candles Sunday to form a heart, during a local Festival of Lights in Halle (Saale), central Germany. People were invited to buy the candles with the money collected donated to charity organizations. This year's installation consisted of around 15,000 tea lights. JENS MEYER/THE ASSOCIATED PRESS

Germany

Gate stolen from former Dachau concentration camp

A wrought-iron gate bearing the Nazis' cynical slogan "Arbeit macht frei," or "Work sets you free," was found missing early

Sunday morning from the former Dachau concentration camp near Munich, police said Sunday.

In December 2009, the "Arbeit macht frei" sign that spanned the main gate of the Auschwitz death camp, built by the Nazis in occupied Poland, was stolen. Police found it three days later cut into pieces in a forest on the other side of Poland.

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Two women walk through the main entrance at Dachau Sunday.
ANDREAS GEBERT/THE ASSOCIATED PRESS

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Fight against Ebola quarantine was for fellow workers: Nurse

Maine. The U.S. nurse says she was fighting to help protect the rights of other medical professionals returning from West Africa

A Maine nurse, who successfully fought a state quarantine for health-care workers who have treated Ebola patients, said she had no option but to challenge how medical professionals were being treated and is hopeful that others who return from West Africa won't face the same reaction.

Kaci Hickox said in an interview with the Maine Sunday Telegram that she was fighting for the rights of other U.S. medical workers who are trying to bring the deadly outbreak under control in West Africa.

After she arrived in Maine last week, state health officials went to court in an attempt to bar her from crowded public places. A judge ruled Fri-

day she must continue daily monitoring of her health but can go wherever she pleases. Maine Gov. Paul LePage said he disagreed with the ruling but would abide by it.

"I hope in six months aid workers returning back can be unnoticed," Hickox told the newspaper. "They won't be in the media like I was, I hope. And they can walk into a grocery store and maybe no one even knows they were working in a country with Ebola, but one day I hope everyone can know and still smile at them in the grocery store. I know that won't happen today."

Hickox, 33, told the newspaper that she will respect the wishes of town residents and avoid going into town during the illness's 21-day incubation period, which for her ends Nov. 10. She was criticized by some who said she wasn't considering the public's well-being by resisting the quarantine.

Hickox went to Sierra Leone this summer with Doctors Without Borders when the Ebola outbreak erupted.

THE ASSOCIATED PRESS



Nurse Kaci Hickox is accompanied by her boyfriend, Ted Wilbur, as she speaks to reporters outside their home Friday in Fort Kent, Maine. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Seniors high on benefits of medical pot in Florida?



Beth Ann Krug, 61, of Del Ray Beach, Fla., speaks during a debate on medical marijuana in Boca Raton, Fla. J PAT CARTER/THE ASSOCIATED PRESS FILE

The debate over legalizing medical marijuana in Florida constantly generates talk of young people potentially flooding the polls. But seniors are the most reliable voters and could be key to the outcome of the measure.

Floridians are set to vote Tuesday on Amendment 2, says the Tampa Bay Times. According to the Times: "Under Amendment 2, doctors would certify that patients with debilitating conditions could benefit from marijuana. Licensed dispensaries would sell it."

Though polling on Amend-

ment 2 has been erratic, seniors have been showing a level of interest in the initiative that underscores the fact they may benefit most from its passage.

Older people have turned up at events across the state, even when they've been intended for more youthful crowds. Such was the case at a recent forum at Broward College: It was held at an on-campus theatre, with a promise of pizza for the droves of young people who passed by. But inside, the audience was full of faces far older than expected.

The most ardent supporters of medical marijuana say

it hasn't just cut out other drugs' side effects, but has relieved symptoms in ways those drugs couldn't.

Beth Ann Krug, 61, of Del Ray Beach, Fla., travelled to Colorado earlier this year to see if marijuana could help her Parkinson's disease. She was amazed: Within 20 minutes, she said, her tremors were gone for the first time in years. She has not used marijuana since because she refuses to get it illegally and worries her full-time volunteer position would be jeopardized because they do drug testing.

THE ASSOCIATED PRESS

Foggy results

Polls on Amendment 2 have varied widely. Most observers believe senior support is somewhere in the middle of these two surveys.

- An October poll found about 37 per cent of voters 60 and older support Amendment 2. A July survey found 83 per cent of Florida voters aged 65 and older supported medicinal marijuana.

One-voiced media?

Egyptian journalists fight editors over freedom of speech

Several hundred Egyptian journalists have rejected a recent policy declaration by newspaper editors pledging near-blind support to the state and banning criticism of the police, army and judiciary

in their publications, arguing that the move was designed to create a one-voiced media.

In a statement posted Sunday on social media networks, the journalists said fighting terrorism was both a duty and an honour but has nothing to do with the "voluntary surrender" of the freedom of expression as outlined in the editors' Oct. 26 declaration.

THE ASSOCIATED PRESS

Sri Lanka

At least 5 dead, 33 still missing in tea plantation mudslide

Sri Lanka has so far confirmed that five people died and 33 remain missing in last week's mudslide at a central tea plantation as authorities continue to struggle to determine how

many people were buried.

The Disaster Management Center noted in its report Sunday that the figures could change as rescue workers continue to search for bodies in the debris at the Koslanda plantation in Badulla district, about 220 kilometres east of Colombo.

Sri Lanka, formerly called Ceylon, is one of the world's leading tea producers. THE ASSOCIATED PRESS

Egypt

Alleged same-sex wedding party leads to prison sentences

An Egyptian court on Saturday convicted eight men for "inciting debauchery" following their appearance in an alleged same-sex wedding party on a Nile boat, sentencing each of

them to three years in prison.

The Internet video shows two men exchanging rings and embracing among cheering friends. The eight were detained in September when a statement from the office of Egypt's chief prosecutor said the video clip was "shameful to God" and "offensive to public morals."

THE ASSOCIATED PRESS

Scientists send robot chicks to spy on penguins

March of progress. Fake wheeled babies let researchers get close enough to monitor the vital signs of notoriously flightless birds

The newest tool for biologists is the baby penguin robotic spy.

It's pretty darn cute, and so convincing that penguins essentially talk to it, as if it is a potential mate for their chicks.

Emperor penguins are notoriously shy. When researchers approach, these penguins normally back away and their heart rate goes up.

That's not what the scientists need when they want to check heart rate, health and

other penguin parameters.

So international scientists and even filmmakers, led by Yvon Le Maho of the University of Strasbourg in France, created a remote control rover disguised as a chick to snuggle up to shy penguins in Adelie Land, Antarctica, where researchers watched from more than 200 metres away.

The first disguised version of the rover, made of fibreglass, didn't pass muster and scared the real birds, Le Maho said.

Researchers tried about five versions until they hit upon the right one. It's covered in grey fur, sports black arms, and has a black-and-white painted face and black beak.

The penguins didn't scamper away and even sang to it with "a very special song like a trumpet," Le Maho said.

THE ASSOCIATED PRESS



Nik Wallenda arrives safely at the end of his rope

Daredevil Nik Wallenda makes his tightrope walk uphill at a 15-degree angle, from the Marina City west tower across the Chicago River to the top of the Leo Burnett Building, past the Aqua Building, shown in background, on Sunday in Chicago. Wallenda successfully walked uphill at a 15-degree angle from the Marina City west tower to the top of a skyscraper on the other side of the river. And then he walked blindfolded between the two Marina City towers. The event was televised live to millions around the world. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS



This photo provided by Frederique Olivier/John Downer Productions shows a remote-controlled roving camera camouflaged as a penguin chick in Adelie Land, Antarctica. FREDERIQUE OLIVIER/DOWNER PRODUCTIONS/THE ASSOCIATED PRESS

Florida

Space program workers help unveil shuttle monument

A 4.4-metre-tall shuttle monument of stainless steel and granite has been unveiled on Florida's Space Coast.

The U.S. Space Walk of Fame Museum led efforts to create the \$350,000 monument bearing six black pan-

els displaying information on shuttle missions and ground operations.

Reports say dozens of retired and current space program workers attended Saturday's dedication at Space View Park in Titusville.

Fred Gregory, an astronaut who logged three shuttle missions, said the monument honours those on the ground who helped the astronauts reach space.

THE ASSOCIATED PRESS

Montenegro

Riot police help gay activists hold peaceful march

Protected by hundreds of riot police, about 200 gay activists marched peacefully on Sunday in Montenegro, a staunchly conservative Balkan country seeking EU membership.

Carrying banners, gay

activists gathered in the capital, Podgorica, as police were heavily deployed, practically blocking the city centre.

No incidents were reported, unlike in previous years when police fought right-wing extremists and gay activists had to be evacuated.

Police said they questioned nearly 100 potential troublemakers and found a sack of flammable materials.

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Strike gold by investing in oil?



HOW TO ROLL
Alison Griffiths
investing@metronews.ca

Who would have thought that the world would suddenly be awash with oil, driving the price per barrel under \$80, last Monday, for the first time since 2012? In fact the price per barrel has dropped 27 per cent since a mid-summer high of \$107.

Now Goldman Sachs is predicting that oil will drop to \$70, causing much speculation about cancellation of or, at least, a slow down of oil construction and pipeline projects. And of course the oil-producing provinces are going to feel a pinch in their royalties.

Now for the good news! All sector swoons spell opportunity. While a litre of gas still isn't cheap, oil stocks are starting to look that way. Over the past 12 months, the Canadian capped

Oil highs and lows

- **\$144.40 US:** July 2008
- **\$16.38:** December 1998

energy index is down nearly six per cent, while the S&P/TSX Composite Index is up over eight per cent, even after the October selloff.

If you have an RRSP or any kind of workplace pension, you are likely already an oil investor. That's because virtually all Canadian mutual funds that invest in larger Canadian companies will hold some of the bigger oil companies.

But that's not to say you shouldn't add a bit more energy to your personal investments. The trick is, which stocks should you go for? Right now there's plenty of risk in the oil patch and not just from falling stock prices.

Oversupply, currency issues, declining demand and geopolitical worries can all affect dividends as well.

I surveyed a group of energy analysts and portfolio managers to determine which of the big energy companies are most likely to maintain dividends if oil tumbles further. Three names were consistently mentioned.

Remember, even though these three companies have strong balance sheets, oil at \$70 a barrel will put a crimp in stock prices and dividends may go on the chopping block. So, dip a toe, but don't go for a swim.

Prices and yields as of Oct. 31:

Price Dividend Yield

1. Suncor Energy (SU-TSX)
\$38.75, 2.88 per cent
2. Cenovus Energy (CVE-TSX)
\$27.27, 3.88 per cent
3. Vermilion Energy (VET-TSX)
\$63.05, 4 per cent



China's slowing economy to have ripple effect

A worker is dressed in an emperor costume to attract customers as he stands outside a shop selling souvenirs at the Wangfujing shopping district in Beijing. An Associated Press survey of 30 economists has found that 57 per cent of them expect China's decelerating economy to restrain growth in countries from Brazil and Chile to Australia and South Korea. A notable exception is the United States, which the economists see as largely insulated from China's troubles. ANDY WONG/THE ASSOCIATED PRESS FILE

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GHOMESHI & THE GERALD REGAN CASE

What a wild, weird week.

The bodies from the Parliament Hill shootings and the Quebec murder-by-car had not been buried, their meaning not yet processed, when the CBC announced last Sunday it was severing ties with its most famous radio host, Jian Ghomeshi, for reasons unspecified.

By that evening, Ghomeshi had specified his version in a defiant Facebook post about his penchant for “consensual” “rough sex” and the “jilted ex-lover” out to get him. He would sue the CBC for \$55 million.

By morning, the ping pong of news/counter news had careened into accusations far more sinister: not one ex-lover, but several women, all accusing Ghomeshi, not of consensual sex, but of unprovoked, unwanted violence. Then events pinballed. More women, more stories, eerily similar — out-of-nowhere punches, face-turned teddy bears, “you should leave” to those who cried or complained.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Debates about who knew what when and who should have done what before; the graphed torrent of “unlikes” on Ghomeshi’s Facebook page; his crisis-management team ditching him; brave women making public their *j’accuse*; the announcement of a police investigation...

It all reminded me of another time, another public figure, another story.

As with Ghomeshi, there had long been stories about 1970s Nova Scotia premier Gerald Regan’s relationships with women.

But few knew details until someone — a man whose own darker motivations were partisan and personal — unleashed the genie from that bottle long after Regan had left office. By the time it was over, in 1998, more than 30 women told police of Regan’s alleged unwanted sexual advances, up to and including rape. There were charges. There was a trial on the most serious of them. In court, Regan’s high-powered defence attorney grilled the accusers re-

No conviction

In 1998, more than 30 women told police of Regan’s alleged unwanted sexual advances, up to and including rape.

lently. The jury, ultimately, found him not guilty.

But the jury of public opinion — armed with the evidence presented in court under oath and cross examined, including evidence the jury didn’t hear — was able to render its own informed verdict.

We shouldn’t hold our breath for a legal ending we may want in the Ghomeshi case. There are complicated rules about admissibility of evidence, legitimate, beyond-a-reasonable-doubt bars for conviction. But due process is still the best process we have. We should be grateful to the women who have taken the first brave step along that road.

House of the dead crowded



A woman dressed as the iconic Mexican Catrina poses for photographers as she gathers with other women in costume in an attempt to set a record for the most Catrinas in one place during Day of the Dead celebrations in Mexico City over the weekend. MARCO UGARTE/THE ASSOCIATED PRESS

Proposed law threatens Día de Muertos traditions, say critics

Mexico City is rapidly running out of grave sites and many residents of this growing metropolis of nine million people have to exhume the remains of their loved ones once the burial rights expire to make room for new bodies. Officials say there is no public land available for new cemeteries.

The lack of space has prompted the city’s legislative assembly to propose a law that would reduce the time a body can remain in a grave and encourage people to cremate the bodies of their loved ones, a move that critics say will threaten Mexico’s long and rich traditions surrounding burying and celebrating the dead.

While other countries reuse graves, it is a sensitive issue in Mexico where celebrating the dead is still a living part of the culture.

THE ASSOCIATED PRESS

Quoted

“Can you imagine that with the stroke of a pen they can erase All Saints Day and the Day of the Dead? They have no idea what they are doing.” Jesus Guzman, who says many indigenous Mexicans prefer burial and are reluctant to accept cremation.

MetroTube



Rocket blowback



ANDREW FIFIELD
andrew.fifield@metronews.ca

Orbital Science Corp.’s Antares rocket exploded spectacularly last Tuesday, just after liftoff from a Virginia launch pad on what was supposed to be a Cygnus spacecraft trip to the International Space Station. Meanwhile, a crowd had assembled about one and half miles away to watch. The realization that the launch had failed came a little late, but not as late as the very violent sound wave that threw some of them — including the person who shot this video — to the ground. (jms2productions/YouTube)



THE ASSOCIATED PRESS

Comments

RE: Newspaper does damage control on Ghomeshi, published online Nov. 2, 2014

I was supportive of letting your freak flag fly... And then all that other “information” came out that’s made the initial story seriously questionable.

Jorhan Walsh,
posted to Facebook.com

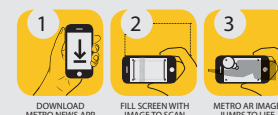


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 22 in Sports.

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These pint-sized chefs really know how to cook

Television. The level of talent on Masterchef Junior is even higher than last season, says judge Graham Elliot

If you were blown away watching the kid contestants on the inaugural run of Masterchef Junior, just wait for Season 2, says judge Graham Elliot.

"We had no idea it was going to take off the way it did," Elliot said during a recent stop in Toronto to shoot a guest appearance on the upcoming season of Masterchef Canada.

"What's really fun is that the level of cooking compared to Season 1 is even higher, because everyone knows about it now."

Indeed, the pint-sized chefs on Masterchef Junior made a big impression. Apple-cheeked winner Alexander Weiss wowed audiences in the finale with his pan-seared veal chop over potato gnocchi and deconstructed napoleon cannoli.

Elliot — who serves on the judging panels for both Masterchef Junior and Masterchef with Gordon Ramsay and Joe Bastianich — says the contestant pool for the kids cooking show was not at all what he expected.

"You think you're going to get kids wanting to do the Hollywood thing," he said.

"But you realize that cooking is this creative outlet now, because kids are born into this food-TV lifestyle



Judge Graham Elliot talks to a contestant on Masterchef Junior, which starts season two Tuesday on CTV Two. CTV

Show time

- Masterchef Junior airs Tuesdays at 9 p.m. ET on CTV Two.

and experience new things, and a lot of them are well-travelled."

"You see everyone that's got this great passion for cooking and it's contagious. By Day 2, Joe, Gordon and I forget that they're even kids, because of the level they're putting up in terms of food, but also their level of concentration."

Viewers who watched the recent season of Masterchef noticed a drastic physical change in Elliot, who underwent weight-loss surgery just over a year ago, dropping about 150 pounds in the process.

He says Masterchef Junior was part of the impetus.

"The big change, and you know Masterchef Junior was a part of it, is sitting up there talking to kids about eating healthy and about how they're the future of America and they need to make these great choices," he explained. "I was 400 pounds ... and just felt I was living this big lie. You need to try to lead by ex-

ample, especially for my own kids."

In preparation for the upcoming season, Elliot said the producers visited all 50 states and saw a diverse range of cooking styles. "Kids are doing things that are indicative of their region, their background their upbringing," he said.

"Also (there were) people that cook from the heart and it's really rustic, kids that have a pretty privileged upbringing and have been to all the fancy French restaurants and done the tasting menus — so it's really cool to see that gamut."

THE CANADIAN PRESS

Television



The Iron Throne should look more like this, George R.R. Martin says. MARC SIMONETTI

GOT author was never happy with the Iron Throne

As much as author George R. R. Martin approves of the TV series inspired by his A Song of Ice and Fire books, he says the Game of Thrones producers didn't nail the look of the imposing Iron Throne. It needed to be even bigger and creepier, he says.

For his new book, The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, Martin worked with artist Marc Simonetti to create a painting, shown above, that brought his vision to life.

"He and I went back and forth a half dozen times to get something I could say, 'Yeah, this is absolutely right,'" said Martin. "I said repeatedly the Iron Throne is huge. It towers over the room like a great beast. And it's ugly. It's asymmetric. It's put together by blacksmiths, not by craftsmen ... You have to walk the iron steps, and when a king sits on it he's like 10 feet above everybody else ... He's in this raised position looking down on everyone."

THE CANADIAN PRESS

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The McCarthys revolves around the family's gay son, Ronny, right, played by Tyler Ritter. Jack McGee, left, plays his sports-obsessed father. SONJA FLEMING/CBS

Based on real life, except for mom

Television. New sitcom *The McCarthys* is inspired by creator's modern family, but it's no autobiography

After the sitcom *Happy Endings* was, ironically, cancelled abruptly, writer Brian Gallivan looked close to home for his next gig.

His own family inspired *The McCarthys*, a new CBS comedy about a sports-obsessed brood with one gay son. But fiction, he says, is funnier than fact.

For one, the son, Ronny, played by Tyler Ritter, "is better at being gay than I am," Gallivan said. "He's dated, like, four guys in the first batch of episodes. I feel like it took me 15 years to date four guys."

The show, which airs Thursday evenings, is, Gallivan said, "sort of like a *Modern Family*, but with a Boston (setting)."

If the pilot is any indication,

Show time

- *The McCarthys* airs Thursdays at 9:30 p.m. ET on CTV.

it differs from *Modern Family* in two other, and perhaps more significant, ways.

While *Family* spreads its storylines evenly over the members of three distinct households, *The McCarthys* has one central character, Ronny, around whom a family of lovable lunatics revolves.

In creating Ronny, Gallivan said he was adamant about avoiding gay-character stereotypes. "I didn't write it with,

"I want him to be this way or that way," Gallivan said. "I just wanted him to represent the type of gay man that I am."

And there's another departure from real life: Ronny's mother, Marjorie McCarthy, played by a show-stealing Laurie Metcalf (*Roseanne*, *The Big Bang Theory*), is nothing like the creator's real-life mom.

"The mother is definitely not my mother, and (she) wants me to just proclaim this to anyone who will listen, that she is not as meddling and overbearing as Laurie's character, though she loves Laurie," Gallivan said. "She's very excited that Sheldon's mother from *The Big Bang* is playing her."

THE ASSOCIATED PRESS

Quoted

"(Ronny) is better at being gay than I am. He's dated, like, four guys in the first batch of episodes. I feel like it took me 15 years to date four guys."

Brian Gallivan, creator of *The McCarthys*

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SCENE

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Monday, November 3, 2014

Indie music fans rewind to the days of cassette tapes

Music.
Cheaper
to buy
and to
produce,
the derided
format of
the 1980s
is making a
comeback



They were great for mixtapes, but cassettes could be frustrating to play. AFP

Hitting the road with his band in a beat-up van, Sean Bohrman looked at the cassette deck and, instead of seeing an ancient relic, became inspired. He could listen to his own, and others', albums on the cheap.

Seven years later, Bohrman helps run a label out of southern California, Burger Records, which has sold 350,000 cassettes — tiny in the universe of the music industry, but marking an unlikely mini-revival of an often-derided format whose obituary had been written in the 1990s. “No one, least of all us, expected this to happen,” says Bohrman.

In an age where vast volumes of music can be downloaded instantly for free, vinyl has witnessed a rebirth among collectors, with LP sales soaring by one-third in the United States in 2013.

In an effort reminiscent of events to promote vinyl, dozens of record stores around the world recently held a cassette day, to sell tapes ranging from the new album by rising indie band Foxygen to reissued classics by ironic rockers They Might Be Giants.

Few expect that cassettes — notorious for getting jammed and unspooled — will become the dominant format they were in the 1980s, before CDs took over. Last year, cassettes accounted for fewer than 0.1 per cent of the 289 million albums sold in the U.S., with CDs still topping digital downloads, according to Nielsen.

But Bohrman saw a distinct advantage — it costs his label about \$1 to produce each tape, while a vinyl run could cost thousands and take months. With the lower overhead, Burger Records has specialized in signing obscure garage acts for cassette releases. “You’re much more likely to take a chance on music if it’s

Quoted

“A lot of people say that they don’t have cassette players anymore, but most of them haven’t even tried looking.”

Sean Bohrman, Burger Records, on the surprising revival of cassette tapes

just costing you \$5 a tape,” he says.

And although it is more unwieldy to select tracks on cassettes compared with CDs, MP3s or even vinyl, Bohrman says that is exactly the point. On cassettes, listeners are more likely to take in the whole album.

“A lot of people say that they don’t have cassette players anymore, but most of them haven’t even tried looking,” Bohrman says.

“These are the people who let music come to them. You can sit and let Spotify or Soundcloud or Facebook tell you what to listen to, or you can work to find new music.”

Even when stores in industrialized countries stopped stocking cassettes, the format remained vibrant in sub-Saharan Africa, meaning Afro-pop fans are often obliged to look for tapes. AFP

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first \$2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of \$7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. © / TM RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.



Lena Dunham ALL PHOTOS: GETTY IMAGES

Dunham delivers tongue lashing to news outlets

Lena Dunham is no stranger to having her words taken out of context, but even she has limits to how often she can turn the other cheek.

This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her new book, *Not That Kind of Girl*. In the book, Dunham details an embarrassing moment of childhood curiosity when she was seven and her sister, Grace, was one.

"The right-wing news story that I molested my little sister isn't just LOL—it's

really f—ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed.

"Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f— up, bros. I told a story about being a weird seven-year-old. I bet you have some too, old men, that I'd rather not hear. And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."

Melanie Griffith isn't down to watch daughter get dirty in 50 Shades of Grey

I don't often say this, but I'm with Melanie Griffith. The *Working Girl* star says she has no plans to watch the 50 *Shades of Grey* movie due out in February. Of course, her not seeing it has more to do with her daughter, Dakota Johnson, getting all sexy and bondage-y in the film adaptation, whereas I just think the whole enterprise is terrible, but still. We agree.

"I think that I'm never going to see the movie myself," Griffith tells *Extra*. "It would



Melanie Griffith

just be too awkward. She, I think, would be mortified if we ever came to see her movie." I know I would.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Going to New York City? You'll get a Swift welcome



STARGAZING
Malene Arpe
scene@metronews.ca

Taylor Swift is named New York City's Global Welcome Ambassador for Tourism. That settles my great vacation conundrum. Paris it is.

This week in collaborations: 1) Shakira is teaming up with Fisher-Price to launch a collection of baby toys. 2) Lululemon announces a charitable partnership with the Dalai Lama Center for Peace and Education. 3) Beyoncé and Topshop will launch an athletic streetwear line next year. 4) Dakota Johnson and Jamie Dornan will doggedly continue re-shooting *Fifty Shades of Grey* until they appear to have at least as much chemistry as a wet dishrag and a pile of dusty bricks.

Larry King tweets that he "likes the smell of turpentine." Asked how he feels about acetone and ethanol, he replies that "chocolate cereal is better than race cars" and "bears don't appreciate your hipie haircut."

Armed clowns are terrorizing the streets of France. Come to think of it, Taylor Swift is awesome and



New York is the best.

Pitbull will soon have two reality shows: *Pitbull: The Lyfe* and *The REAL Change Project*. The latter will have interesting people talking about overcoming obstacles while *The Lyfe*, presumably, will be about Lyme disease, lye and Lynyrd Skynyrd.

This week in breakups: 1) Debra Messing breaks up with Will Chase after three years. 2) That awful Bachelor guy and the woman he was contractually obligated to date finally break up. 3) A\$AP Rocky breaks up with Chanel Iman.

Dean McDermott says he's "not the first person to ever cheat on his wife." Yeah. So there. Put that in your mystery basket.



Amanda Bynes

Bynes takes to Twitter for another tirade

Amanda Bynes is doing her Twitter thing again. The former child star, recently freed from her parents conservatorship over her — though that might be temporary — has been using what little time she has available to speak her mind on Twitter, taking on a number of topics. At the top of her list? Making sure everyone knows she doesn't think Zac Efron is ugly. Because we were worried. "It is not illegal to talk about

my personal business," she begins, kicking off a multi-tweet tirade. "People need to hear the truth about who I really am — I need to show the judge that not only do I not need any help making decisions about my future, I was planning on transferring to NYU and I was never homeless, I was living in the nicest hotels until I found the right (apartment) in NY." She's also now going to school at USC instead, apparently.

Twitter



@JasonAlexander

I'm going back to 1993 so I can be 33 for the winter.



@NiallOfficial

Someone said to me today, "you weren't very well dressed up for halloween." I totally disagree. We were the 6 best dressed in my eyes



@rickygervais

There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed.

Just in time for Christmas

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Losing your job is miserable, so it's essential to keep cool

Unemployment. Cut your expenses, seek advice from family and friends, and redirect your energy into finding new income



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Job loss comes with two huge stressors. First, there is the financial stuff. Second, there is the emotional misery that you must wade through.

Either pile of poop can sink you, so it is very, very important that you keep a cool head.

Apply for Employment Insurance benefits right away. It can take weeks before you see a penny, so the faster you do this the better.

If you receive a severance, it will affect when your EI benefits kick in. A delay in the start of the claim will result in an extension at the other end for the same number of weeks.

Severance or separation pay is paid out in several different forms and each is handled differently by the EI system. Speak to your HR department to get the lowdown on how you will be affected.

Check how long your benefits will stay in place and whether you've got any vacation or sick pay coming. If you're entitled to reimbursement for expenses, file an expense report immediately.

And while your boss is feeling rotten for having to let you go, ask for a glowing letter of recommendation.

Sit down with your immediate and extended family to discuss what's going to be different. No point in pretending everything is A-OK.

Brave and strong as you might be, accepting help when you need it the most from people who love you the most is exactly what family is supposed to be about.

As for the kids, they will overhear the adults talking. They'll feel the stress that's swirling in the atmosphere. So talk to them, but tailor your communication to reflect their ages. If you don't address it directly, they'll internalize the angst. Reassure them that, although some



Losing your job is both a financial and emotional blow, so you need to tackle it with a level head. And while you're searching for a new job, or starting a new career, try to avoid racking up too much debt. iStock

things are going to change, your family is safe.

Next, start looking for ways to reduce your expenses so you can live within your reduced means.

Cut your clothing budget completely, except for kid essentials. Ditto entertainment, gifts, and all other non-essential expenses.

Trim back on food; time to meal plan and use everything to the very last drop.

Gut communication costs like telephone, cellphone, Internet, and cable or satellite.

Is daycare still an option with one partner out of work, or will you swing-shift to

take care of the kids at home while upgrading skills and job-hunting?

Or will you both take on part-time work to keep the kids in daycare so you don't lose your spaces?

At this point, I bet you're really glad you have that emergency fund. No emergency fund? Oops!

Are there things you can sell to make one? The motorcycle? The ATV? The second car?

A line of credit is not an emergency fund, no matter what you've been told. Sure, you'll eventually get another job. But if you've dug your-

self a hell of a hole in the meantime, you'll be sorry. It doesn't matter what you have to do to keep a roof over your head, that's a better alternative to using credit.

Take your credit and debit cards out of your wallet and hide them, freeze them or bury them so you can't salvage your emotions by impulse shopping.

There is no time when you'll be more tempted to spend money on crap than when you're feeling deprived. And stay out of the payday loan stores. With interest costs ranging from 300 to 900 per cent, that's a hole you'll

Job-hunting advice

When you lose your job, for whatever reason, finding a new one becomes your job, and you should do it with all the energy and enthusiasm you used to spend working.

Tell everyone that you're looking for work. Many jobs are found by word of mouth. Create an overall job search strategy that includes a daily schedule.

Schedule your day as if you were going to work, and make sure you include some socializing time (unemployment can be horrendously isolating), and keep knocking on doors.

Yes, it is hard. Yes, the rejection can be soul-numbing. But you can't just give up and hope something will come along.

You have a family counting on you. You are counting on you. So get busy. Your next job isn't going to find you.

never climb out of.

If you hated your last job, then now is the time to start thinking about a career change.

Can you use the time you're not working to upgrade your skills or take some night courses to retrain for something new? Would this be a good time to turn that hobby into a business?

I am not recommending you remortgage your house and buy a business because you're desperate.

What I'm suggesting is that, if there is something you've always wanted to do — landscaping, web design, freelance writing, small engine repair — now may be just the time to start making some money doing what you love.

If you can turn it into a viable full-time business, good for you. If it brings in extra money while things are tight, that's good, too.

And if you find a full-time job and can keep doing your biz on the side, hey, that's all right too, isn't it?

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Your best shot at getting hired depends upon building and maintaining a network of reliable references. ISTOCK

Get in the front door with a good word

Career. Learn how to use an employee referral to get closer to an interview with your dream employer

VICKI SALEMI
Metro in New York City

Online retailer Zappos made news earlier this year when it announced it would be zapping job postings. That's right, they've been nixed, and hopeful job seekers have to find another way in the door.

According to industry buzz, they want to get to know applicants rather than having them apply to the giant black hole known as the applicant tracking system.

Prompting job seekers to become "insiders," their site includes ambassadors' Twitter handles and LinkedIn profiles for each team, and essentially details ways that job seekers can connect to recruiters via social media and through referrals.

They're on to something. According to a study by the Federal Reserve Bank of New York, referred candidates are twice as likely to get interviews as non-referred candidates.

Referred candidates also have a 40 per cent better chance of getting hired than other applicants. Armed with this data, job seekers should rely on referrals for the highest rate of return on their time and energy investment in a job search. Here are a few tips on how to get started.

Look at your social networks

For starters, search LinkedIn for connections, ask for introductions and schedule informational interviews. But don't just do this when you're looking for a job and eager to move on — people can see through that. Networking is an ongoing process to forge strong connections and build new skills. It's truly a journey.

Conversations on the phone — or better yet, in-person — will help

An employee may not feel comfortable forwarding your resumé if he or she met you two years ago at a conference and hasn't heard from you since. However, if you had invited her out for coffee three months ago and followed up this week, you're in a much better position to be referred.

Lessons from the desert

Tip the odds in your favour by leaving little to chance



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Many of life's projects involve teamwork, and at times, the team is made up of individuals who do not know each other but are coming together for a common purpose.

The question is, how do



When strangers are strung together to accomplish any task, an in-depth discussion of each person's motivations can help create a strong team. ISTOCK

you bond strangers? This is what we are attempting to do.

Our team of three runners met for the first time today in picturesque Ushuaia, located near the southern tip of South America, where the Patagonia Mountains meet the Atlantic and Pacific oceans. Our task is simple: come together within three days before the start of the Antarctica race, a race comprising six marathons in

five days. We are aligned on our goal, which is to run our collective fastest and challenge to win.

Today, we met and started to focus on how we could win. We engaged ourselves in team-building activities to establish camaraderie, as well as having explorative conversations to understand each other's motivations, values and emotional triggers. These activities allowed us to develop an aligned team with tactics and a strategy for the Antarctica race.

We have just enough time to collectively agree on what is within our control so we can execute our plan. For the myriad of things outside of our control, most will be mapped out so we can discuss our preferred team responses ahead of time, thus increasing what we perceive to be within our influence. For the rest of the time, hopefully our bond will be strong enough so that we can align rapidly to a course of action even if we disagree.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



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Reinvent comfort food by using squash instead of potato topping

Butternut Squash Shepherd's Pie. This dish features a few delicious swaps



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

There's nothing that characterizes comfort food better than a great-tasting Shepherd's Pie.

Traditionally known as a British Cottage Pie, it was commonly made with leftover meat and mashed potatoes as a topping.

I've added a twist on this classic dish and used fresh lean ground beef and mashed butternut squash.

This healthy winter squash is loaded with fibre and antioxidants known as carotenoids, which are known to protect against heart disease.

As well, I added edamame rather than the traditional green peas and a hint of melted aged white cheddar. Incredible!

You can always substitute sweet potatoes for the squash.

This dish is great to serve as leftovers or freeze in portions.



This recipe serves eight. ROSE REISMAN

Directions

1. Preheat the oven to 425 F. Lightly coat an 8-inch square baking dish and large baking sheet with cooking spray.

2. Place a large non-stick skillet lightly coated with cooking spray over medium-high heat. Add the oil and onion

and sauté for 3 minutes. Add the garlic and carrots and sauté for 3 minutes. Add the ground beef and sauté for 5 minutes or until no longer pink, breaking up the meat as it cooks.

3. Add the flour and cook for 1 minute. Add the tomato

paste, stock, tomato sauce, basil and salt and pepper. Cover and cook on low heat for 3 minutes or until thickened. Add the edamame and cook for one minute. Place in the baking dish.

4. Meanwhile, while the meat mixture is being pre-

pared, place the squash onto baking sheet and roast for 15-20 minutes, just until tender. Place in a bowl and mash, adding olive oil, grated Parmesan and salt and pepper. Spoon over meat filling. Sprinkle with cheese and bake the Pie for 5 minutes.

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups finely diced onion
- 2 tsp crushed garlic
- 3/4 cup finely diced carrots
- 1 lb extra-lean ground beef
- 1 1/2 tbsp all-purpose flour
- 1 1/2 tbsp tomato paste
- 1/3 cup low-sodium beef (or chicken) stock
- 3/4 cup homemade or store-bought tomato sauce
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 3/4 cup frozen edamame

Topping

- 1 1/2 lb butternut or acorn squash, cut into cubes
- 2 tbsp olive oil
- 3 tbsp grated Parmesan cheese
- Pinch of salt and pepper
- 3/4 cup shredded aged white cheddar cheese

Per serving

- **Calories.** 260
- **Carbohydrates.** 15 g
- **Protein.** 25.6 g
- **Total fat.** 11 g
- **Cholesterol.** 40 mg
- **Sodium.** 223 mg



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Spiralize salad for artsy spin

Spiralizing is the newest trend in healthy eating. It is the art of taking vegetables and turning them into noodles.

Spiralized veggies are replacing carb-dense pasta for those who want to consume fewer calories and carbs.

Add a delicious sauce, some protein and you have a complete meal with this Spiralized Salad and Sliced Steak with Peanut Dressing.

1. Prepare dressing: In bowl

combine the peanut butter, water, cilantro, honey, rice vinegar, soy sauce, sesame oil, garlic and ginger until smooth.

2. With a spiralizer or julienne or vegetable peeler, julienne the zucchini and sweet potato.

3. Grill or bake the flank steak at 400 F just until temperature reaches 130 F – medium rare, approximately 10 minutes depending on thickness. Let sit for 10 minutes, then slice thinly

against the grain.

4. Meanwhile, in pot of boiling water, add the sweet potatoes and boil one minute, then add the zucchini and boil an extra minute. Drain well then rinse with cold water to stop the cooking process.

5. Place on serving dish, lay sliced steak over top, pour sauce over and garnish with cilantro and cashews.

ROSE REISMAN

Ingredients

Peanut dressing

- 2 tbsp natural peanut butter
- 2 tbsp water
- 2 tbsp chopped fresh cilantro
- 1 tbsp honey
- 1 tbsp rice vinegar

- 2 tsp low-sodium soy sauce
- 1 tsp sesame oil
- 1/2 tsp minced garlic
- 1/2 tsp minced fresh ginger

Salad

- 1 medium zucchini (skin on)

- 1 medium sweet potato (skin peeled)
- 8 oz flank steak

Garnish

- 1/4 cup toasted cashews

Induction ceremony

Nova Scotia legend enter Hall

The Nova Scotia Sport Hall of Fame got a little fuller over the weekend.

Two builders, five athletes and one team were inducted during a ceremony Saturday night.

The honourees include builders Dr. Cathy Campbell (soccer) of Halifax, Anthony Hall (paddling) of Dartmouth, golfer Kevin Dugas of Yarmouth, stock car racer Scott Fraser of Shubenacadie, St. Francis Xavier University basketball alumna Theresa MacCuish of Balls Creek, Dalhousie University track star Richard G. Munro of Bridgewater, badminton player Ken Poole of Truro and the 1998 Allan Cup champions, the Truro Bearcats. **METRO**

Men's hockey

Huskies win two, Tigers split

The Saint Mary's Huskies are tied for second place in Atlantic University Sport after two straight wins over the weekend.

Stephen Johnston scored twice in the second period Friday in St. Mary's 4-1 over the UPEI Panthers. The Huskies edged the St. Thomas Tommies 5-4 in Fredericton on Saturday.

The Dalhousie Tigers topped the Moncton Blue Eagles 4-2 on Friday night then fell 6-0 to the UNB Varsity Reds on Saturday night.

Dalhousie is currently in seventh place.

METRO

Women's hockey

Tigers, Huskies go 1-1 on weekend

The Dalhousie Tigers and Saint Mary's Huskies split their weekends in AUS women's hockey action.

The Huskies defeated the St. Thomas Tommies 6-4 at home Friday night, then fell to the St. Francis Xavier X-Women 6-1 on Sunday afternoon.

The Tigers were edged 4-3 by the UPEI Panthers at home Saturday night then fell 3-0 to the Moncton Blue Eagles 3-0 on Sunday afternoon.

The two teams are currently tied for third place in AUS standings.

METRO



Mooseheads forwards Philippe Gadoury and Vincent Watt fight for the puck along the boards with Alexandre Goulet and Luc Deschênes of the Charlottetown Islanders on Sunday. The Herd won 3-0 on the road Sunday at Eastlink Centre. BRIAN MCINNIS/THE CHARLOTTETOWN GUARDIAN

Moose redeemed over weekend

QMJHL. Halifax repays Charlottetown after last week's letdown at Scotiabank Centre



KRISTIN LIPSCOMBE
kristin.lipscombe@metronews.ca

For the first time this season, the Halifax Mooseheads won two games in less than 24 hours, edging the Moncton Wildcats 3-2 at home Saturday night and exacting revenge on the Charlottetown Islanders by blanking them 3-0 on the road Sunday evening.

The winning weekend boosts Halifax's record to 7-10-1-1 on the season. It also gives head coach Dominique Ducharme the most regular-season wins in the QMJHL club's history, with 151 total. He surpasses former head coach Shawn MacKenzie, who has 150 wins, according to HerdHistory.com.

Quoted

"We wanted to do better than what we did (Saturday) night, and that's what we did."

Halifax Mooseheads head coach Dominique Ducharme on Sunday's 3-0 shutout win over the Charlottetown Islanders

"We played well," Ducharme said Sunday night, shortly after forward Nikolaj Ehlers notched three points and netminder Zachary Fucale earned his first shutout of the season en route to topping Charlottetown in front of 1,815 Islanders fans at the Eastlink Centre.

"We were really good at taking time and space away without the puck," Ducharme said, "and we did some good things on the offensive side."

The Moose came out of the gates with bounce in their skates, looking ready to beat the Islanders in their own barn, after Charlottetown had done the same, defeating them 4-1 last Wednesday at the Scotiabank Centre, led by goaltender

Mason McDonald of Halifax.

"We had a great start," Ducharme said. "Guys are in shape."

Halifax's first goal Sunday came on a power play at 15:46 in the first, with defencemen Austyn Hardie and Matt Murphy setting it up. Murphy fed Ehlers, whose solid, low shot got into the left side of the net.

After a scoreless second period, Ehlers passed it out front to linemate Danny Moynihan, who poked it past McDonald and over the goal line at 5:45 in the third. Ehlers, named first star of the game, also assisted on Timo Meier's empty-netter with 1:27 left on the clock.

Charlottetown's McDonald was named second star for

making 35 saves, while Halifax's Murphy claimed third star. Fucale made 20 saves for the win, his 11th career regular-season shutout.

"It was a solid road game (and) a solid road win," Ducharme said.

On Saturday, forward Philippe Gadoury scored twice and Ehlers added two assists, to lead the Herd 3-2 over Moncton in front of more than 8,000 fans at Scotiabank Centre.

Defenceman Jesse Lussier, who was sidelined with a broken wrist, and forward Samuel Leblanc, who had been sitting with a lower-body injury, were both back in the lineup.

Lussier said Saturday he's "glad to be back helping the guys out."

Herd wins are all about getting "back to the easy part of hockey," the veteran from Petawawa, Ont., said. "You saw how effective that was, when we were just grinding it out down low, and that's the kind of team we need to be."

Brady may indeed be better

A Patriots' rout. New England's QB praised as Manning's Broncos get a sobering lesson

On Sunday, the Gillette Stadium crowd delivered the message loud and clear: "Brady's Better."

On this day, Tom Brady and his New England Patriots certainly were the superior team, routing Peyton Manning and the Denver Broncos 43-21 to grab the best record in the AFC.

Brady outduelled Manning in the 16th installment of the rivalry between the all-time great quarterbacks and is 11-5 against his rival. He threw for four touchdowns and Julian

Edelman returned a punt 84 yards for a score.

In his 200th career start, Brady passed for 333 yards. He has won 155 of those, the most for any quarterback in that many starts.

The game wasn't particularly competitive after the first quarter, which Denver completed in front 7-3.

New England (7-2) scored the next 24 points on the way to winning its fifth straight, halting the four-game winning streak for Denver (6-2) in emphatic fashion. Brady has 18 TD passes and one interception in those five victories.

Manning fell to 2-7 at Gillette Stadium. He now has at least two TD passes in 14 consecutive games, an NFL record.

THE ASSOCIATED PRESS



New England Patriots linebacker Akeem Ayers, underneath, sacks Denver Broncos quarterback Peyton Manning on Sunday, in Foxborough, Mass. Scan the image with your Metro News app to see a photo gallery of Sunday's NFL action. STEVEN SENNE/THE ASSOCIATED PRESS

Argos almost out

Alouettes reach post-season with win over Toronto

Duran Carter caught a 23-yard touchdown pass in the fourth quarter as the Montreal Alouettes clinched a CFL playoff spot with a 17-14 victory over the Toronto Argonauts on Sunday afternoon.

Tyrell Sutton also scored a TD for Montreal (9-8), which has won six games in a row. Sean Whyte had a field goal.

The result drove Toronto (7-10) to the brink of elimination, but they can still reach the post-season if they beat Ottawa and Montreal wins at Hamilton to end the regular season next week. THE CANADIAN PRESS

NBA

Kings deliver Clippers' first loss

The Sacramento Kings never beat the Los Angeles Clippers in four games last season. They made sure that wouldn't happen again with a dominant fourth quarter.

DeMarcus Cousins had 34 points and 17 rebounds, Rudy Gay added 25 points, and the Kings handed the poor-shooting Clippers their first loss in three games this season, 98-92 on Sunday.

"We definitely earned that one," said Cousins, who was singing in the shower afterward.

The Kings rallied from a 10-point deficit in the third quarter and outscored the Clippers 28-18 in the fourth.

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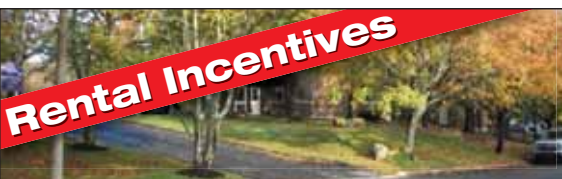


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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't let negative thinking get the better of you. Focus on what you are good at and trust in the planets to guide you in the right direction.

♉ Taurus

April 21 - May 21

What happens today may not seem significant but with the benefit of hindsight you will see it plays a big part in the grand scheme of things.

♊ Gemini

May 22 - June 21

You may think you have energy to spare today but your physical batteries are running low, so don't take on any new duties.

♋ Cancer

June 22 - July 23

You won't lack for confidence today but common sense may be harder to come by. Make sure you know what you are getting yourself into for before agreeing to part with cash.

♌ Leo

July 24 - Aug. 23

The Sun and Pluto link well as the new week begins and the message it has for you is that you need to find more harmonious ways to link your home life and your work life.

♍ Virgo

Aug. 24 - Sept. 23

You are uneasy about the direction your life seems to be taking. With that in mind, don't start something new today just because you feel the need for a change. Your progress must be evolutionary, not revolutionary.

♎ Libra

Sept. 24 - Oct. 23

A challenge will push you beyond the rather narrow limits you have imposed on yourself recently. You will find hidden reserves of talent and energy.

♏ Scorpio

Oct. 24 - Nov. 22

As the Sun aspects your ruler Pluto today you will experience a great surge of energy. But you are strongly advised to finish what you have started before embarking on a new project.

♐ Sagittarius

Nov. 23 - Dec. 21

A change of direction is not needed, despite what some may be telling you. All you need is faith in your abilities.

♑ Capricorn

Dec. 22 - Jan. 20

Don't allow others to talk you into doing something that will tie you down for weeks at a time. You have your own interests and goals to pursue and you must put them first.

♒ Aquarius

Jan. 21 - Feb. 19

You have been pushing yourself too hard and need to slow down. That won't be easy with power planet Pluto so strong at the start of the week but it can and must be done.

♓ Pisces

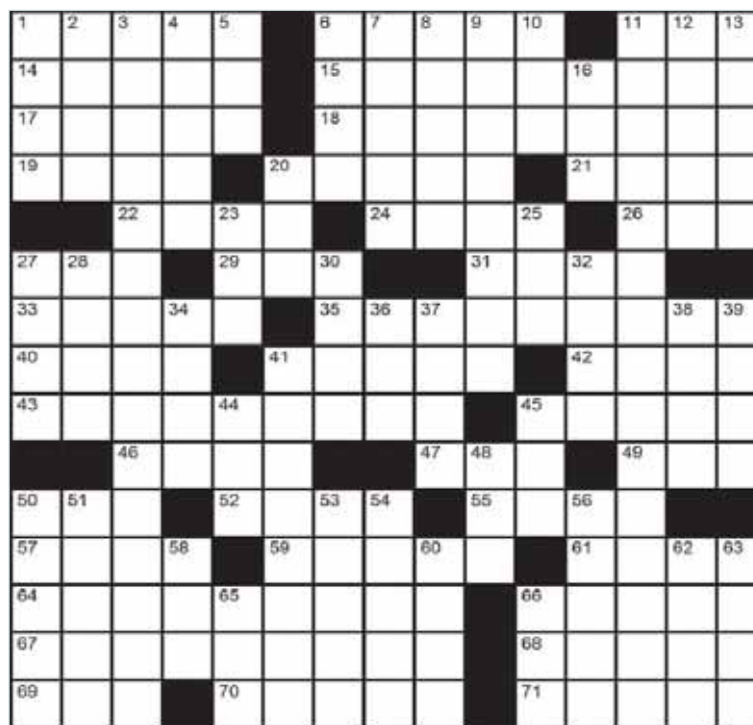
Feb. 20 - March 20

There are times when you take too much for granted and this could be one of them. You may think you can get away with neglecting a chore but if you do the consequences could be dire.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Ballroom dance
6. Old Irish alphabet
11. Composer, Francis
14. Sir Newton
15. Vehicle vacations: 2 wds.
17. Not last
18. "Skyfall" (2012), for one: 2 wds.
19. Restaurants bills
20. Robinson Crusoe author Daniel
21. Chomp
22. Ancient harp
24. Rap music duo, ___ Yang Twins
26. Big Apple baseball team, briefly
27. British tenor, Alfie
29. Ms. Thurman
31. Pull along
33. Take apart the Hoover, say
35. Free-standing ___ (CN Tower, for example)
40. Do, __, ...
41. "___!" (Les Misérables query)
42. "Step ___!" (Pick up the pace!)
43. Travelled
45. Calgary-born songstress Jann
46. Actual
47. Not their
49. Disney deer
50. Vroomer
52. Johann ___ (The Swiss Family Robinson author)



55. Fruit cocktail ingredient
57. Sort of sign
59. Government takeovers
61. Opened slightly
64. British Columbia/Washington State: Strait of Georgia, Juan de Fuca Strait and Puget Sound, as these

- three waterways are collectively known: 2 wds.
66. DWTS judge
67. Gilbert & Sullivan operetta of 1885: 2 wds.
68. Ms. Moorehead
69. "Hunger of the Pine" rock band: ___-J
70. Burdened

71. Strengths

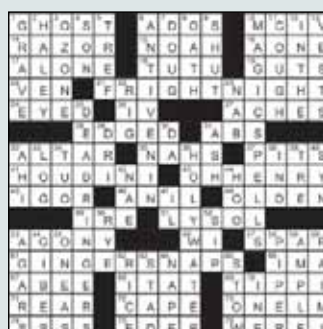
- square."
7. Cartoon canine
8. Vietnam's capital city
9. Postscript
10. TV production co.
11. #45-Across' "Insensitive" album: 3 wds.
12. George Harrison's "Isn't It ___"

Down

1. Use a sieve
2. Largest continent
3. Pacific Northwest seabird: 2 wds.
4. Like Paul McCartney's instrument
5. Behave
6. "...there ___"

13. "___ to recall..."
16. Steal
20. Rep.'s rival
23. Bar drink
25. RCMP's French acronym
27. ___ Khalifa (World's tallest building in Dubai, UAE)
28. Early afternoon, ___'clock
30. Greyish
32. 'Origin' suffix
34. 'Billion' suffix
36. Lake tester
37. Wristwatch brand
38. Nothing: French
39. Famous volcano
41. Canadian broadcaster Bill (Trivia! He hosted at both MuchMusic and MuchMoreMusic)
44. "Uh-uh."
45. 'Hect' add-on
48. Increases
50. ___ Rica
51. Menotti opera, ___ and the Night Visitors
53. "Sorry to hear that": 2 wds.
54. "Blue ___ Shoes"
56. Pirate's annoyance!
58. Classic game
60. Peacock: French
62. Freshly
63. Singer Diana
65. 'S' of RSVP
66. Baseball ___

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	6	1	4	8	7	3	5	9
7	3	8	1	5	9	6	2	4
4	9	5	3	2	6	1	8	7
5	7	3	6	4	2	8	9	1
8	1	9	7	3	5	4	6	2
6	4	2	8	9	1	5	7	3
9	2	4	5	1	8	7	3	6
3	5	6	2	7	4	9	1	8
1	8	7	9	6	3	2	4	5

Conceptis Sudoku

By Dave Green

		3				1		
	6		3		5		2	
4		8		2		6		9
	7		2		1		8	
		2				5		
	1		8		4		7	
6		4		7		2		8
	3		6		9		5	
		7				9		

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